



GRAPEFRUIT, FRESH

Date: April 2009

Code: F520-F523

PRODUCT DESCRIPTION

- Grapefruit is No. 1 or better fresh, whole fruit.
- Grapefruits may be red seedless, pink seedless, or white seedless.

PACK/YIELD

- F523: 3 pound bag (about 6 per bag)
- F521: 5 pound bag (about 10 per bag)
- F520: 1 pound bag (about 2 per bag)

STORAGE

- Grapefruit is best stored in the refrigerator.
- Store cut grapefruit in a container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Fresh grapefruit is a quick and easy snack or part of a nutritious breakfast. Serve cut into halves.
- Grapefruit sections are a great addition to fruit salads or green salads.

NUTRITION INFORMATION

- $\frac{1}{2}$ of a grapefruit provides $\frac{1}{2}$ cup of fruit in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruits.
- $\frac{1}{2}$ of a grapefruit provides 70% of the daily recommended amount of vitamin C.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: $\frac{1}{2}$ medium grapefruit ($\frac{1}{2}$ cup)

Amount Per Serving

Calories	40	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.5g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	

Vitamin A	0%	Vitamin C	70%
Calcium	2%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

CITRUS SALAD**MAKES 8 SERVINGS****Ingredients**

- 1 grapefruit, peeled and chopped
- 1 orange, peeled and chopped
- 1 cup carrots, chopped
- 1 red onion, sliced
- 10 cups lettuce, torn into pieces
- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 8 tablespoons chopped walnuts (if you like)

Directions

1. Combine grapefruit, orange, carrots, onion, and lettuce in a large bowl.
2. Mix remaining ingredients in a small bowl, stirring with a whisk or fork until combined.
3. Lightly pour dressing over vegetables.
4. If using walnuts, sprinkle on top.

Nutrition Information for 1 serving of Citrus Salad

Calories	150	Cholesterol	0 mg	Sugar	5 g	Vitamin C	30 mg
Calories from Fat	100	Sodium	105 mg	Protein	4 g	Calcium	64 mg
Total Fat	11 g	Total Carbohydrate	11 g	Vitamin A	324 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BROILED GRAPEFRUIT HALVES**MAKES ABOUT 2 SERVINGS****Ingredients**

- 1 fresh grapefruit, cut in half
- 2 teaspoons sugar
- ¼ teaspoon ground cinnamon

Directions

1. Preheat broiler.
2. Sprinkle sugar and cinnamon over both halves of the grapefruit and place on baking sheet.
3. Broil until sugar melts and starts to bubble.

Tips

You can also make this in a toaster oven, using the broiler setting.

Nutrition Information for 1 serving (about ½ fruit) of Broiled Grapefruit Halves

Calories	60	Cholesterol	0 mg	Sugar	13 g	Vitamin C	44 mg
Calories from Fat	0	Sodium	0 mg	Protein	1 g	Calcium	19 mg
Total Fat	0 g	Total Carbohydrate	15 g	Vitamin A	59 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from Recipezaar.com.